



Group Living Wellness Program

“Navigating the Path to Wellness”

CAREtenders

Cuyahoga Metropolitan Housing Authority (CMHA) HISTORY

- Early in the 1930s, Ernest Bohn, a Cleveland Councilman, spearheaded the effort to establish public housing as a replacement for the tumbledown shanties where low-income families lived. His vision was to replace the broken down “fire-traps” with safe, decent, affordable housing where families could get a start in life and then move on to home ownership.

In 1933, the State of Ohio chartered CMHA as the first public housing authority in the country.

- Ground was broken at Olde Cedar in the Central neighborhood before any other public housing development in the country. Residents first occupied Olde Cedar in 1937. Lakeview, Outhwaite Homes and Woodhill Homes quickly followed the construction of Olde Cedar; all four of those properties are eligible for designation on the *National Historic Register*.

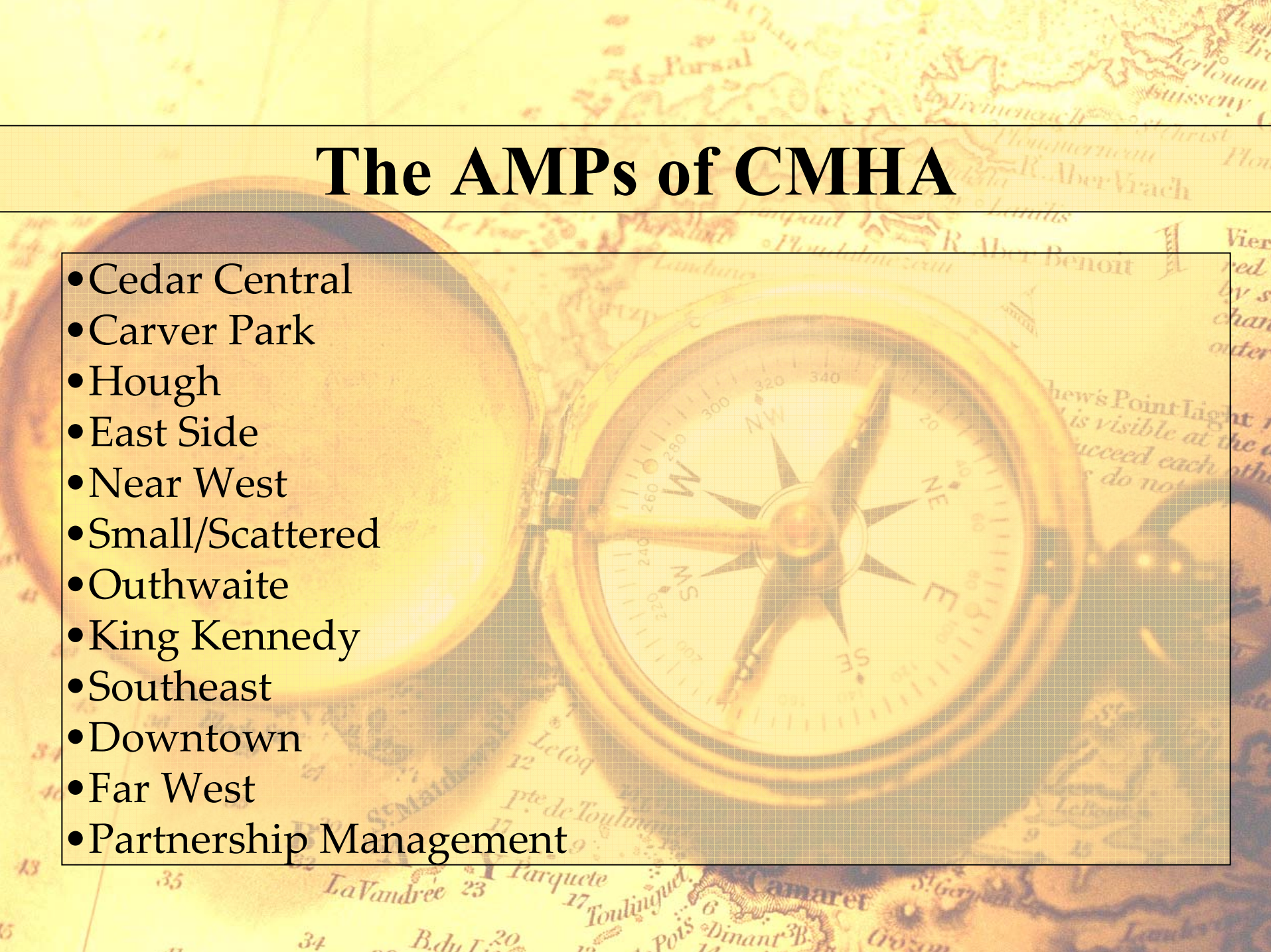
- Cedar Extension High-Rise was the first of the high-rise buildings constructed to provide affordable housing for seniors. It was first occupied in 1955.

CMHA FACTS

- Number of Developments
 - Public Housing: 47
 - Section 8 New Construction: 3
- Number of Persons Served: 36,886
- Number of Households: 13,974
- Average Annual Income of Residents: \$13,028
- Number of Employees: 998
- CMHA is one of the ten largest Housing Authorities in the country and receives most of its funding from the U.S. Department of Housing and Urban Development (HUD).
 - Average Annual Budget (last 5 years): \$215 million
- HOPE VI SITES
 - 1993 -- King Kennedy South / Outhwaite
 - 1995 -- Carver Park
 - 1996 -- Riverview / Lakeview
 - 2003 -- Valleyview Homes

The AMPs of CMHA

- Cedar Central
- Carver Park
- Hough
- East Side
- Near West
- Small/Scattered
- Outhwaite
- King Kennedy
- Southeast
- Downtown
- Far West
- Partnership Management



Senior Services

- The health and welfare of our Seniors has always been a concern for CMHA

Medical Care

Preventative and follow-up treatment and counseling

Transportation

- CMHA has 15 designated Senior Buildings throughout Cuyahoga County
- As CMHA moved to implement property based management. The traditional centralized resident services department that serviced these seniors was decentralized
- Consequently, CMHA had to explore other avenues to ensure that residents health and welfare needs were still met.

Collaboration with CAREtenders

- During a time where collaboration and leveraging funds is a necessity to meet the needs of residents, CMHA has collaborated with CARETENDERS to implement a Quality of Life Group Living Program for our senior population.

CAREtenders

Skilled Medicare Home Health Care Services and Personal Care Services for over 30 years

- **90 branches across 11 states**
- **Navigate clients through the healthcare system with continuity of care and coordinated access to quality healthcare systems**
- **Primary goal of our group living program is to enhance the clients "Quality of Life"...because we believe everyone should be able to age in place with dignity and independence.**

Quality of Life Program

- On-site Wellness Program as part of our community service
- Easy access to health care and community services
- Individual resident screenings to link residents to necessary resources and health care solutions
- Wellness programs to assist seniors with maintaining their health and well being

Quality of Life Program

- Provide skilled home health care and personal care services for residents who are unable to leave their home for medical services
- Customized to match location's needs
- Senior care focused providers who support “aging in place”

Delivering a Quality of Life Wellness Program

- **Customized offerings chosen by each community to match residents' needs.**
- **Work with staff most familiar with the residents to determine those most at risk.**

The background of the slide features a vintage map with various place names and a large, detailed compass rose. The map is aged and yellowed, with names like 'Parsal', 'St. Christ', 'R. Aber Vrach', 'Lanilis', 'R. Aber Benoit', 'Vier', 'red', 'by s', 'chan', 'outer', 'is visible at the', 'succeed each', 'do not' visible. The compass rose is circular with a central needle and directional markers for N, NE, E, SE, S, SW, W, and NW. The numbers 260, 280, 300, 320, 340, 360, 380, 400, 420, 440, 460, 480, 500, 520, 540, 560, 580, 600, 620, 640, 660, 680, 700, 720, 740, 760, 780, 800, 820, 840, 860, 880, 900, 920, 940, 960, 980, 1000 are visible around the compass rose.

Voluntary Screenings

- Ongoing screenings for those residents identified at risk or possible risk.
- Upon request for any resident with a sudden or unforeseen change in health status.
- Upon notification of a new resident.

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Shopping

Bill Paying

Nutrition

Chores

Transportation

Link to:

Community Resources

Elder Services

Personal Care Services

Meals on Wheels

County Programs

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Link to:

Wellness Program

Social Events

Insurance Reviews

Vital Sign Checks

On-site Providers

Loneliness / Isolation

Health Insurance Questions

Paying for Medication

Monitoring Health Conditions

Getting to Medical Appointments

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Hospital Aftercare

Chronic/Multiple Illnesses

Fall Risk

Pain Management

Wound Care

Recent Surgery

Depression

Home Safety

Acute Illness

Link to:
Home Health Care
Skilled Nursing
Management/Evaluation
Transitional Care
Injections
Therapies

Benefits to Residents

- Convenient access to health care resources
- Proactive evaluations to determine unmet needs
- Interventions to link to necessary services
- Education on disease prevention and management

Benefits to Service Coordinators / Staff

- **Visibility in your community**
- **Ready access for any questions or concerns**
- **Increased resident resources**
- **Program planning to meet your community's needs**

Benefits to Management

- Decreased resident turnover
- Supplement to available amenities
- Flexible program to match your location
- Attestation process to ensure satisfaction

Benefits to Owners

- Proven program to meet the medical/social economic needs of tenants
- Increased stabilization of resident population
- Reduced operating expenses
- Additional grant opportunities

A vintage map with a compass rose and the text "RESIDENT FEEDBACK" overlaid. The map is aged and yellowed, showing various place names and geographical features. The compass rose is a classic design with a star-like center and directional markers. The text "RESIDENT FEEDBACK" is written in a large, bold, serif font, centered on the map. The overall image has a warm, historical feel.

RESIDENT FEEDBACK

Stories of Success

Name: Jean

Age: 74

QOL Start: June 2006

Problem: Jean was newly diagnosed with diabetes, having average blood sugar readings close to 300

QOL Services: Jean attended QOL provided diabetes education classes. Nurses instructed and monitored blood sugar. Jean received therapy to begin a home exercise program.

Outcome: Jean became disciplined in diabetes management with nutrition and exercise. She has lost weight and her blood sugar is now in normal range.

Jean proudly declares, "QOL has saved my life!"

Stories of Success

Name: Rosa

Age: 67

QOL Start: Dec. 2007

Problem: Uncontrolled Diabetes, general health decline and unable to afford medications.

QOL Services: Rosa was encouraged to see the on-site doctor. Medications were changed. Nurses taught Diabetes Self Management in Spanish and found better insurance options.

Outcome: Rosa's health has improved, fasting blood sugars are now in the low 100s and monthly medication cost has been lowered from \$70.00 to \$2.30!



“Navigating the Path to Wellness”

**Sharing a commitment to successful aging
for the senior and adult disabled population
in group living communities.**



Excellence Through *Senior* Advocacy